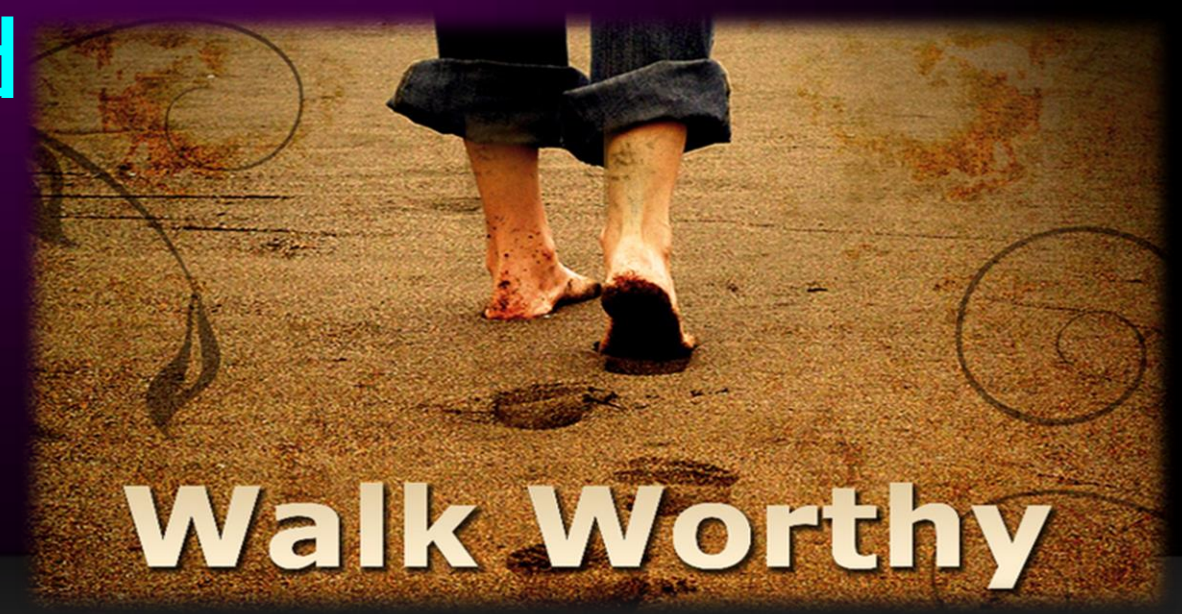

起來，行走！
Rise Up and Walk
以弗所 Ephesians 4:1

以弗所 Ephesians 4:1

THE WORD OF GOD

我為主被囚的勸你們、既然蒙召、
行事為人就當與蒙召的恩相稱·

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called



一. 消耗更多熱量 Burn More Calories



一. 消耗更多熱量 Burn More Calories

站 stand

每小時 186 卡洛里



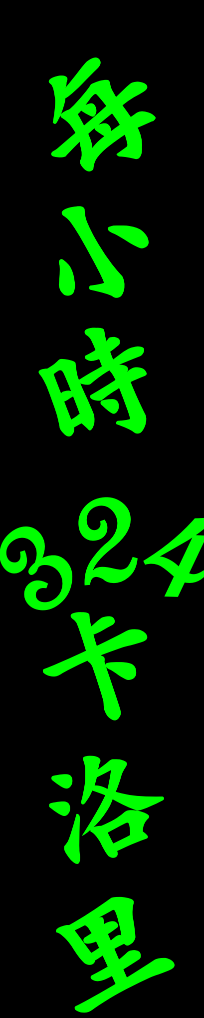
186 calories/hour

CALORIES

一. 消耗更多熱量 Burn More Calories

一般走路速度 Walk at a moderate pace







324 calories/hour

一. 消耗更多熱量 Burn More Calories

快走 Walk fast

每小時 371 卡洛里



371 calories/hour

一. 消耗更多熱量 Burn More Calories

- 站立起來 Stand up
- 更多行走 Walk more
- 快一點 Be in a hurry
- 爬樓梯 Climb stairs
- 參與活動 Attend active events
- 戴上記速器 Wear a tracking device
- 加上音樂 Add music

一. 消耗更多熱量 Burn More Calories

❖少看甚至不看電視 Watch less or no TV

❖少玩手機 Play less cell phones



二. 基督徒的WWW Christian WWW

1. 財富 Wealth (以弗所 Eph. 1-3)

a. 七大天上屬靈福氣 Seven heavenly spiritual blessings

聖父
- 一. 得蒙揀選 Chose us
- 二. 得兒子的名份 Adopted us as sons

聖子
- 三. 得救贖與赦免 Redeemed and forgave us
- 四. 得知神的奧秘 Made known to us the mystery
- 五. 得基業 Obtained an inheritance

聖靈
- 六. 得印記 Sealed
- 七. 得憑據 Guaranteed

二. 基督徒的WWW Christian WWW

1. 財富 Wealth (以弗所 Eph. 1-3)

b.和眾聖徒一同明白基督的愛是何等長闊高深 Comprehend with all saints what is the breadth and length and height and depth of His love

– 從"恩典的榮耀"到"恩典的豐盛"
From "the glory of His grace" to "the fullness of His grace"

– 從個人的經歷到教會的經歷
From the personal experience to the church experience

二. 基督徒的WWW Christian WWW

1. 財富 Wealth (以弗所 Eph. 1-3)

C. 祂能充充足足成就一切遠超乎我們所求所想，照著運行在我們心裡的大能大力

He is able to do far more exceedingly abundantly beyond all we ask or think, according to the power that works in us

二. 基督徒的WWW Christian WWW

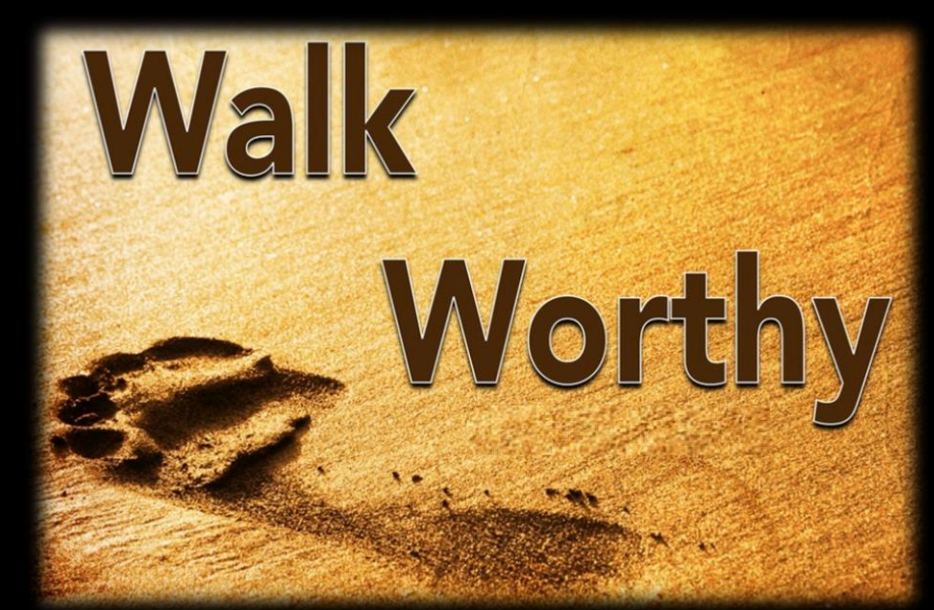
2. 行走 Walk (以弗所 Eph. 4-6:9)

以弗所 4：1b

行事為人就當與蒙召的恩相稱

"... to walk worthy of the calling with which you were called," (NKJV Eph. 4:1b)

"... walk worthy of the vocation wherewith ye are called," (KJV Eph. 4:1b)



二. 基督徒的WWW Christian WWW

2. 行走 Walk (以弗所 Eph. 4-6:9)

a. 起點 The starting point

以弗所 Eph. 1:4

就如　神從創立世界以前、在基督裡揀選了我們使我們在他面前成為聖潔、無有瑕疵．

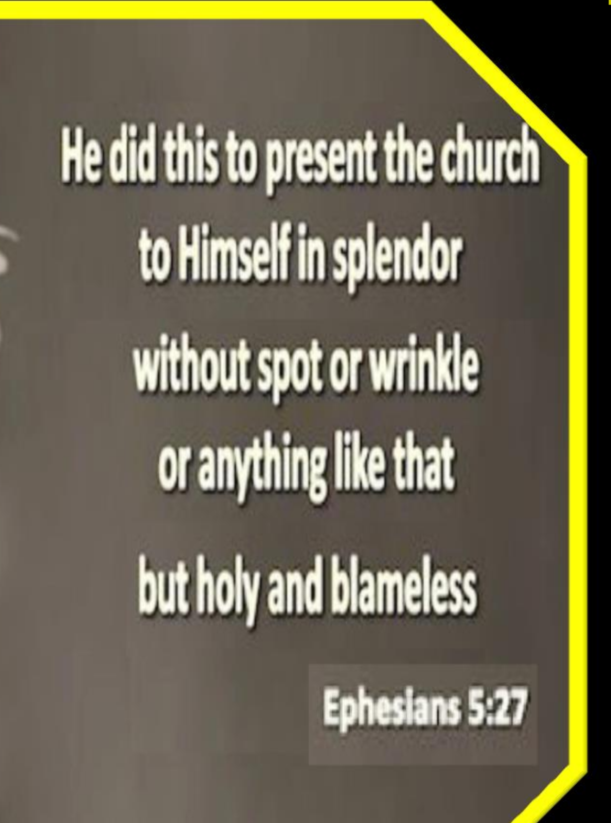
For he chose us in him
before the creation
of the world
to be holy
and blameless
in his sight.

Ephesians 1:4

二. 基督徒的WWW Christian WWW

2. 行走 Walk (以弗所 Eph. 4-6:9)

b. 目標 The goal



以弗所 Eph. 5:27

可以獻給自己、作個榮耀的教會、毫無玷污皺紋等類的病、乃是聖潔沒有瑕疵的。

二. 基督徒的WWW Christian WWW

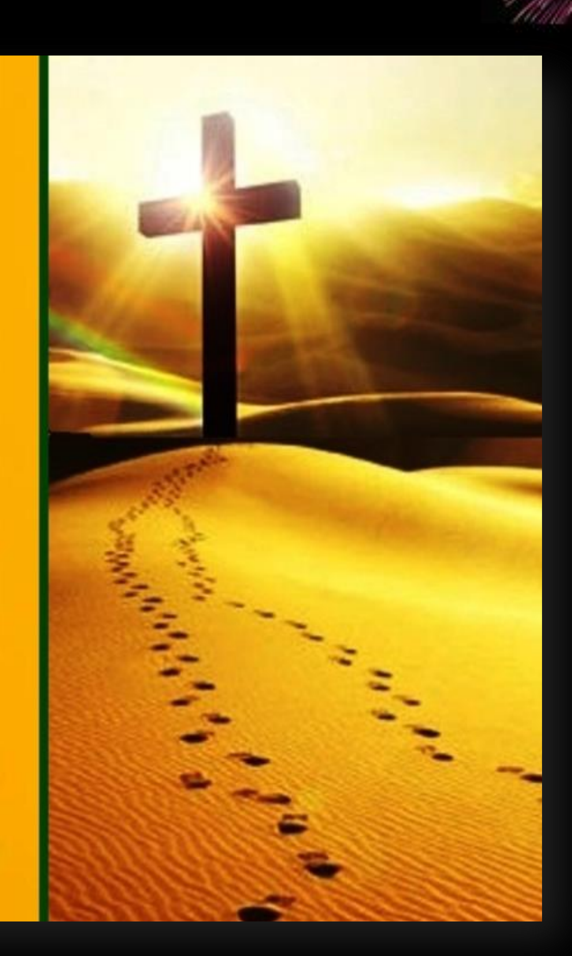
2. 行走 Walk (以弗所 Eph. 4-6:9)

c. 旅程 The journey

约翰壹書

1 John 2:6

人若說他住在主裡面、就該自己照主所行的去行



He who says he abides in Him ought himself also to walk just as He walked.

1 John 2:6

二. 基督徒的WWW Christian WWW

2. 行走 Walk (以弗所 Eph. 4-6:9)

c. 旅程 The journey

1) 行走在合一中 Walk in unity
2) 行走在聖潔裡 Walk in holiness
3) 行走在愛中 Walk in love
4) 行走在光中 Walk in light
5) 行走在智慧裡 Walk in wisdom
6) 行走在讚美中 Walk in praise
7) 行走在和諧裡 Walk in harmony

二. 基督徒的WWW Christian WWW

3. 爭戰 Warfare (以弗所 Eph. 6:10-20)

THE ARMOR OF GOD

屬靈的軍裝
弗6:10-20

The Helmet of Salvvation
救恩的頭盔

The Breastplate of Righteousness
公義的護心鏡

The Shield of Faith
信德的籐牌

The Belt of Truth
真理的腰帶

The Sword of the Spirit
聖靈的寶劍
—神的道

Feet Prepared with the Gospel of Peace
平安福音的鞋

靠著聖靈、隨時多方禱告祈求
Praying always with all prayer and supplication in the Spirit

三. 神在催促 God's Urging

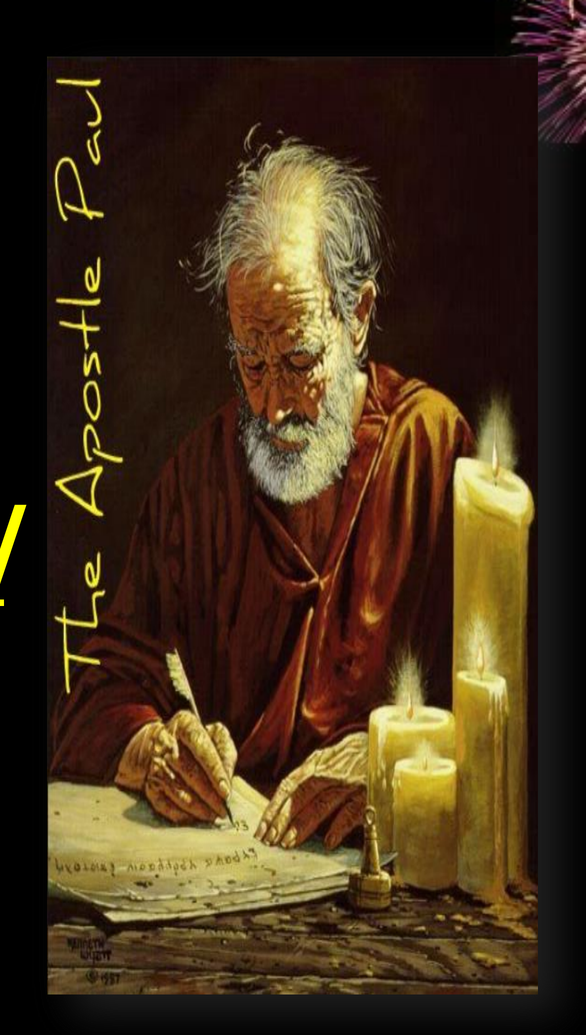
以弗所 Eph. 4：1a

我為主被囚的勸你們

"As a prisoner for the Lord, I ***urge*** you..." (NIV Eph.4:1a)

"So I, the prisoner for the Lord, ***appeal*** to you..." (AMP Eph. 4:1a)

"I therefore, the prisoner of the Lord, ***beseech*** you..." (NKJV Eph. 4:1a)



三. 神在催促 God's Urging

羅馬書 Romans 12：1-2

1 所以弟兄們、我以　神的慈悲
勸你們、將身體獻上、當作活祭、
是聖潔的、是　神所喜悅的．你
們如此事奉、乃是理所當然的。
2 不要效法這個世界．只要心意
更新而變化、叫你們察驗何為
神的善良、純全可喜悅的旨意。

三. 神在催促 God's Urging

羅馬書 Romans 12：1-2

"I **beseech** you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." (NKJV Romans 12:1-2)

四. 讓我們行的值得 Let's Walk Worthy

□神對約書亞世代的三大應許

Three God's promises to Joshua's generation

約書亞記 Joshua

1:3 凡你們腳掌所踏之地、我都… 賜給你們了。

1:5 你平生的日子、必無一人能在你面前站立得住．

1:9 我豈沒有吩咐你麼．你當剛強壯膽．不要懼怕、也不要驚惶、因為你無論往那裡去、耶和華你的神必與你同在